



Criteria Menu #7

Utilize the Utah State Office of Education's Child Nutrition Program, Cafeteria Connections, to market and promote the link between the cafeteria and classroom.



Definition: Cafeteria Connections provides resources for teachers to discuss nutrition in the classroom and for the food personnel to provide nutritional education in the cafeteria. A folder is provided to guide faculty and food service staff through the program. The Cafeteria Connections folder is divided into packets for each month of the school year. The packets include information, activities, visual aids, curriculum, bulletin board ideas, newsletters, and promotion ideas.

Resources

To order Cafeteria Connections

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Assignments

School Coordinator Assignments

- Introduce the Cafeteria Connections program in faculty meeting
- Help faculty and food personnel incorporate Cafeteria Connections in the classroom and lunchroom

Mentor Assignments

- Order packets
- Make bulletin boards promoting the Cafeteria Connections theme for each month
- Write a description for the mid-year and end-year reports



Criteria Menu #7 Ideas

- Incorporate nutrition into daily lesson plans
 - Slice fruit instead of pies or pizza when teaching fractions
 - Have a fruit or vegetable of the week or month to introduce students to new types of fruit
- Choose healthy foods when celebrating
- Hang posters in the cafeteria that encourage healthy eating
- Designate a bulletin board for nutrition information and update it monthly using materials found in the Cafeteria Connections binder
- Encourage communication between food director and teachers
- Create a nutrition newsletter or a nutrition article for the school newsletter



Cafeteria Connections Description Template

A description must include specific details describing how the school completed the criteria. If you are writing a description for criteria that the school achieved in previous years please include a description of what the school is doing **this year** to maintain that level not what they did in previous years.

A Gold Medal Schools description does not require an Intent, Rationale, Reinforcement or the principal's signature. Use this template to write your description (all information is required).

A sample description for this criterion is provided on the next page.

The description must include...

- ❑ A description of how Cafeteria Connections was utilized in the classroom and in the lunchroom



Cafeteria Connections Description

Green Meadow Elementary teachers and food personnel implemented the Utah State Office of Education's Cafeteria Connections program into their classrooms and cafeteria. The school coordinator ordered Cafeteria Connections materials for the school food service personnel at the beginning of the school year. Students toured the cafeteria and learned nutrition. Each class also received a visit from the food service manager where they were taught about nutrition from the lessons provided in Cafeteria Connections. A food service worker made a Cafeteria Connections bulletin board that was changed monthly to show new nutrition information.

Additional Resources

“If the classroom imparts sound nutritious knowledge and if the cafeteria presents healthful foods lower in salt, sugar, fat, and higher in fiber, then children will have the potential to respond positively within a positive environment for their own health promotions.” Journal of School Health December 1987.

The Child Nutrition Program has the potential to play a major role in the health and well-being of children. School cafeterias can be nutrition laboratories where children develop healthy habits and attitudes toward food and health.

Cafeteria Connections is designed to make School Food Personnel part of the Nutrition Education Team at each school. The materials and activities in the manual correlate with the curriculum written for all levels of public education. Together, parents, the elementary school teacher, and the cafeteria manager can teach and implement practices to develop a foundation of healthy dietary habits for children.

The format of this edition of “Cafeteria Connections” is designed in packets. There is a packet for each month of the school year. Each packet will contain the following information:

- The first page of each packet contains information and activities you may wish to share with students when they tour the cafeterias, or when you go into their classrooms. Any visual aids or information you need to present this lesson will be found on the pages following the lesson plan.
- A brief review of what is taught in the classroom at each level.
- Bulletin board ideas
- A newsletter to be sent home for school-home interaction
- Promotion ideas to be used in the cafeteria

Each packet of information is meant to be a help to those who work with the cafeteria and those who connect the cafeteria to the classroom. These packets are designed to work hand-in-hand with the curriculum or lessons being taught by the classroom teacher. These lessons will give you additional ideas to help teach the students concepts as well as reinforce what has been taught in the classroom.

Information from the Cafeteria Connections Folder